

Commission Members

Susan Welch, Chair, Managing Director/Londonderry Retirement Community

Wynne Aroom, Secretary, RN/Shore Health System/UMMC

Jennifer Lister, Treasurer, Assistant Vice Pres./Easton Bank and Trust

Julie Crocker, Exec. Director/ Talbot Hospice

Jackie Davis, Exec. Director/Mental Health Assoc. of Talbot County

Linda Evans, Director of Community Relations/Homestead Manor

Gary Gunther, Exec. Director/ Upper Shore Aging

Nancy Harrison, Community Health Nurse for Senior Services/ Talbot County Health Dept.

Andrew Hollis, Talbot County Council

Irene Hunter, Talbot County Senior Center

Claude Lewis, Franchise Owner/Home Instead Senior Care

Patti Lister, Director of Marketing/The Pines—Genesis Healthcare

Alice Ofano, Social Worker/Shore Home Care

Sharon J. Ritter Beall, Esq./PNC Bank

Judith Shuler, Manager/Talbot County Senior Center

Kate Stinton, Supervisor/Talbot County Health Dept.

Donna Taylor, Executive Director/ William Hill Manor

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Talbot County Commission on the Aging Newsletter

Talbot County Commission on the Aging Mission Statement

- Identify major aging issues in the community and the need for services to the elderly
- Identify problems and issues not being addressed
- Develop data regarding concerns
- Suggest possible solutions
- Make recommendations to the Talbot County Council, working in partnership with Upper Shore Aging to assist with improving services to the seniors of Talbot County

Talbot County Commission on the Aging board members meet the second Wednesday of each month. Meetings are held in the conference room of the Talbot County Senior Center between the hours of 8:30 am and 9:30 am. The public is welcome to attend these meetings. If you are a group interested in presenting information to the members of the board, please contact Susan Welch, Chair, at 410-820-8732, extension 16 or Wynne Aroom, Secretary, at 410-822-1000, extension 5286.

Partners In Care

Partners in Care is a non-profit organization maintained through Upper Shore Aging to assist individuals with transportation to doctors appointments, grocery store, hair appointments, etc.

It is located in the Talbot County Senior Center under the direction of its Coordinator Pam O'Brien, who can be reached at

410-822-1803.

Meals On Wheels

Did you know you can contact the Brookletts Place, the Talbot County Senior Center, at 410-822-2869, to sign up for Meals On Wheels? You get 6 meals a week and deliveries occur on Monday, Wednesday and Friday. All meals follow the state nutritional guidelines. Food quality and sanitation is essential and regulated.

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About Shore Home Care

Shore Health System's Home Health & Hospice program is Medicare/Medicaid certified, licensed by the State of Maryland, accredited by the Joint Commission and is also a Magnet Recognition Program. We provide skilled home care services, hospice and a personal response service called Lifeline, to residents throughout the Mid-Shore region.

In-Home Care Services

Below is a complete list of services provided by Shore Home Care:

Skilled Nursing Services include wound, catheter and/or colostomy care, IV management and patient and family education (ie. teaching about prescription medicines, and providing education on disease treatment and prevention).

Nurses provide:

- Catheter care; Diabetes care and education; Diet instruction and nutritional support; Dressing (bandage) changes; Injections; Intravenous therapy; Medication monitoring; Pain management; Patient and family education; Patient assessment and monitoring; Rehabilitation; Wound care; Cardiac care

Physical Therapy Services restores balance, range of motion, strength and endurance, and prosthetics. Physical Therapy helps patients improve their ability to walk or to get up and down. Therapists can determine equipment needs in the home and help reduce patient's risk for falling.

Occupational Therapy Services help patients to improve in daily tasks such as bathing, dressing and basic household activities. Therapists can recommend adaptations to make the home safer and establish a daily routine for important tasks.

Speech Language Pathology Services can help patients and their families with memory problems, improving the ability to communicate, and restoring patient's ability to swallow safely

Medical Social Workers provide home care services such as social and emotional counseling, and help locate community resources to help with financial concerns.

Home Health Aide services assist the patient with personal care such as bathing, toileting, dressing and provide assistance with ambulation.

Shore Home Care Hospice Services include:

Hospice affirms the quality, dignity and worth for those nearing the end of life's journey. Hospice care is family centered and we offer palliative care for the relief of pain and other symptoms emphasizing the quality of life rather than length of life. If you or a loved one suffers from a terminal illness our Hospice team is available to provide medical support to patients and families as well as help them focus on the quality of life. The team consists of a Medical Director who oversees the management of all hospice patients; is board certified in hospice and palliative medicine. Skilled nursing with 24 hour a day availability, Home Health Aides, Physical, Speech, occupational therapist, Medical social workers, dietitians, and pharmacists. Chaplin, volunteer and bereavement services are provided in partnership with the Caroline Hospice Foundation and the Talbot Hospice Foundations. Spiritual, Bereavement and volunteers are provided in partnership with the Caroline Hospice Foundation and the Talbot Hospice Foundations.

**To make a referral to Shore Home Care, Home Health and Hospice,
call 410-820-6052 or 1-800-542-5005**



Talbot Hospice Bereavement Services Offered to all Residents of Talbot County

The Talbot Hospice Foundation offers grief, bereavement and care giving support to all residents of Talbot County. It is not required that a loved one be a hospice patient, as support is offered to anyone that has suffered a loss, and there is never a charge for bereavement care.

“A seriously ill person is faced with many challenges and in addition to helping a loved one confront the ordeal of care giving, there are other dynamics that can just be overwhelming. At Talbot Hospice, we want to ensure that help is available and that’s why we endorse the efforts of The Talbot Commission on Aging in offering support to every resident of Talbot County,” said Julie Crocker, Executive Director of the Talbot Hospice Foundation.

Bereavement Support Groups meet at Talbot Hospice House, without charge, under the guidance of Bereavement Coordinator Norma Trax, LCSW-C. A licensed clinical social worker specializing in counseling, Norma is pleased to speak with anyone in the community and may be reached at 410-822-6681.

Listed below are the various types of support groups offered on a regular and rotating basis throughout the year.

Survivors of Suicide Support Group meets every other Monday in the evening from 6:30 - 8:00 p.m. As a collaborative effort with the Mental Health Association, the group provides the opportunity for participants to share and hear from others who have had a similar experience. In a supportive atmosphere of validation and acceptance, where confidentiality is highly valued, members will find a compassionate culture.

The Looking Ahead Support Group meets on Wednesday evenings from 4:45 to 6:15 p.m. This educational group addresses the sorrows and heartaches that accompany death and offers practical help on how to gather the strength to move forward again. Everyone has the right to grieve in his or her own way, and studies show that acknowledging and sharing feelings reduces loneliness and supports the healing process.

The Caregivers Support Group meets every Thursday afternoon from 1:00 - 2:15 p.m. and is ongoing throughout the year. Participants join other caregivers for an opportunity to discuss ideas and find practical solutions to the challenging issues in caring for a loved one with a life limiting illness. Members find support from those who are in a similar situation and new friendships are created.

A Wine and Cheese Social meets the second Saturday evening of each month 5:00 - 7:00 p.m. This group is for widows and widowers, and is an informal get-together held at a private home and offers an opportunity for conversation in a supportive and compassionate setting. The location changes each month, so interested members must call for directions to the private home.



The Next Chapter meets monthly and is geared for those who have recently lost a spouse. Participants talk about the new experience of living alone, coping with grief and other practical suggestions for putting life back together. The environment is supportive and positive as losing a spouse can turn life upside down.

Rainbow Days is a program where Talbot Hospice works in conjunction with the Talbot County Schools, both public and private, to support children and teens that have lost a loved one. Our Bereavement Coordinator works directly with the school counselor to tailor a program for each individual situation.

Return to Laughter is a monthly group that gathers on the premise that laughter is healing. Participants share jokes, stories and other bits of humor. This contagious social therapy is open to all. The program generally runs twice a year, and if there is an interest a call should be made to Norma to check on specifics.

Norma Trax, the Hospice Bereavement Coordinator, takes the time to talk with patients and family caregivers, listen to their concerns, and work to ensure they get the care they desire. Despite the challenges that families face, Norma's holistic approach focuses on living as fully as possible in spite of illness. Hospice is about quality of life and Norma's solid academic background combined with over 20 years of careful listening allow her to center on what's most important at the moment. Studies have shown that hospice and bereavement support significantly improve the quality of patient care.

For more information on Talbot Hospice visit the website at www.talbothospice.org or call 410-822-6681.

Upcoming Events offered to the public

Talbot County Commission on the Aging, in conjunction and with assistance from Upper Shore Aging, will present a forum on Elder Abuse on March 28, 2011 from 10:00 am to 11am in the Health Education Center at Memorial Hospital, 219 South Washington Street, Easton, MD. The panel will consist of attorneys from Mid Shore Pro Bono and local Law Enforcement officers. Upper Shore Aging will additionally provide information regarding on the Long Term Care Ombudsman Program. The program is free and open to the public, but seating is limited. Please call Wynne Aroom, MS RN CDE, at 410-822-1000, extension 5286 for reservations.

Home Instead Senior Care & Talbot County Senior Center Present Senior Information Series

March 8, 2012: Too Close For Comfort

The guide is designed to help older adults and their family members identify alternative living arrangement and to decide which option is the best for them.

April 12, 2012: Cooking Under Pressure

This guide is designed to help plan nourishing and healthful menus that are easy to cook and pleasing to palates of older adults.

Your DCT “One Stop”

Making Sense of Transportation Options for Talbot Seniors!

Delmarva Community Transit provides several different types of transportation services for residents of Talbot County and yet many people are still unaware of these services and how to use them.

Fortunately DCT has created the **DCT “One Stop”** a one stop shop and phone number to find personalized information and assistance about transportation options in Talbot.

Calling the toll free number **1- 866-645-7111** will connect you with a friendly person working in the one stop who can answer questions about bus routes, how to read schedules, fares and specialty services **just for seniors**. One Stop staff can meet folks in their homes, the senior center or library if learning in person is more enjoyable.

Did you know The **One Stop** provides **free** travel trainers who will ride with you all the way to your destination and back until you are comfortable doing it yourself? The **One Stop** also has a mobility manager who can plan your trip for you and locate other providers of transportation services when DCT can’t get you where you need to go.

The **One Stop** occasionally offers free educational “field trips” for small groups to learn together where the bus travels.

The **One Stop** specializes in transportation options for veterans. Did you know veterans needing transportation to medical and mental health appointments often can ride at no cost? Did you know sometimes the bus or small van may be able to pick up qualifying seniors and individuals with disabilities at their door so there is no waiting at the bus stop?

Yes, there are lots of options and lots of details but don’t let that stop you from learning about how riding DCT can get you where you need to go!

Call the **DCT One Stop** for all the information and assistance you need at **1-866-645-7111**.